


Mon	Tue	Wed
<p>1 10:30 Dancing, lunch room 11:45 LUNCH <i>Sloppy Joes</i> Tomato & Onion slices Coleslaw Fresh Fruit Sugar- Free Gelatin </p>	<p>2 11:45 LUNCH <i>Oven Roasted Chicken Breast</i> Brown Rice Sautéed Fresh Broccoli, Cauliflower, and Carrots Salad Peaches 1:00 Movie, The Ugly Truth</p>	<p>3 10:30 Line Dancing, lunch room 11:45 LUNCH <i>Beef Stuffed Bell Pepper w/ Sauce</i> Marinara Noodles w/ Garlic and Fresh Basil Italian Blend Vegetables Fresh Fruit 12:45 BINGO, lunch room</p>
<p>8 10:30 Dancing, lunch room 11:45 LUNCH <i>Chicken Enchilada</i> Mexicali Corn w/ Bell Peppers Low-Sodium V-8 100  Vegetable Juice Fresh Fruit</p>	<p>9 8:30 HICAP 9:15 Eyeglass Repair 11:45 LUNCH <i>Szechwan Chicken</i> Garden Salad Sautéed Cabbage Pineapple 1:00 Movie, Adam 2:00 Hearing Screening</p>	<p>10 10:30 Line Dancing, lunch room 11:45 LUNCH <i>Mediterranean Fish</i> Brown Rice Pilaf Broccoli & Cauliflower Carrot Raisin Salad Apricot 12:45 BINGO, lunch room</p>
<p>15 10:30 Dancing, lunch room 11:45 LUNCH <i>Spaghetti w/ Meat Sauce</i> Marinated Salad Sautéed Fresh Broccoli Fruit 2:00 Newcomer's Group, lobby</p>	<p>16 11:00 Information and Referral, social hall lobby 11:45 LUNCH <i>Corn Chowder & Fish</i> Hard Boiled Egg Whole Grain Roll Sautéed Asparagus Orange  1:00 Movie, 17 Again</p>	<p>17 10:30 Line Dancing, lunch room 11:45 LUNCH - Happy St. Patrick's Day! Wear Green for a treat <i>BBQ Chicken</i> Pasta Salad Cauliflower & Carrots Apple 12:45 BINGO, lunch room</p>
<p>22 10:30 Dancing, lunch room 11:45 LUNCH <i>Polish Sausage</i> Noodles  Salad Squash Peach</p>	<p>23 11:45 LUNCH <i>Vegan Split Pea & Potato Soup and Chicken</i> Whole Grain Muffin Garden Salad Tangerine Oatmeal Cookie 1:00 Movie, 500 days of Summer 1:00 HICAP</p>	<p>24 10:30 Line Dancing, lunch room 11:45 LUNCH <i>Chop Suey w/ Beef & Pork</i> Fried Brown Rice Chilled Broccoli Salad Fresh Fruit 12:45 BINGO, lunch room</p>
<p>29 10:30 Dancing, lunch room 11:45 LUNCH <i>Turkey Meatloaf</i> Brussels Sprouts Garlic Mashed Potatoes Fresh Fruit</p>	<p>30 11:45 LUNCH <i>Chicken Pot Pie</i> (Vegetarian available) Confetti Coleslaw  Apple 1:00 Movie, Swing Vote</p>	<p>31 10:30 Line Dancing, lunch room 11:45 LUNCH <i>Pork Roast</i> Brown Rice Pilaf Steamed Spinach Sweet Potato Fruit and Pudding 12:45 BINGO, lunch room</p>

Thu	Fri
<p>4 10:30 Dancing, lunch room 11:45 LUNCH <i>Chicken Cordon Bleu w/ Ham</i> Pesto Whole Wheat Noodles Green Salad  Green Beans Mandarin Oranges 1:00 SALA Appointments</p>	<p>5 10:30 Dancing, lunch room 10:30 Blood Pressure Reading 11:45 LUNCH <i>Chinese Pepper Steak</i> Fried Brown Rice Oriental Vegetables Spinach Banana 1:00 Movie Matinee, The Ugly Truth</p>
<p>11 10:30 Dancing, lunch room 11:45 LUNCH <i>Spinach Salad & Black Bean Soup</i> Hard Boiled Egg  Whole Grain Muffin Vanilla Yogurt & Bananas 1:00 WORKSHOPS, Right Sizing</p>	<p>12 10:30 Dancing, lunch room 10:30 Blood Pressure Reading 11:45 LUNCH <i>Beef Stew</i> Green Salad Whole Grain Bread Tangelo 1:00 Movie Matinee, Adam</p>
<p>18 10:00 VTA Cards, Gallery 10:30 Dancing, lunch room 11:45 LUNCH <i>Stuffed Cabbage</i> Brown Rice w/ baked veggies, feta, broccoli, carrots, zucchini, cucumber, red bell pepper & cherry tomatoes Fruit 1:00 SALA Appointments</p>	<p>19 10:30 Dancing, lunch room 10:30 Blood Pressure Reading 11:45 LUNCH <i>Egg Frittata</i>  Whole Grain Muffin Three Bean Salad  Garden Salad Sugar-Free Gelatin w/ Pineapple and Birthday Cake 1:00 Movie Matinee, 17 Again</p>
<p>25 10:30 Dancing, lunch room 11:45 LUNCH <i>Lemon Chicken Breast</i> Corn Bread Swiss Chard Baked Tomato Fresh Fruit 1:00 WORKSHOPS, Is it Alzheimer's? 2:00 WORKSHOP, setting up your email.</p>	<p>26 10:30 Dancing, lunch room 10:30 Blood Pressure Reading 11:45 LUNCH <i>Pizza (w/ meat or Veggie)</i>  Garden Salad Mandarin Oranges 1:00 Movie Matinee, 500 Days of Summer</p>
<p>NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.</p> <p> = Meal contains more than 1000mg sodium</p>	

Amazingly Easy Irish Soda Bread

- 4 cups all-purpose flour
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon salt 1/2 cup margarine, softened
- 1 cup buttermilk
- 1 egg
- 1/4 cup butter, melted
- 1/4 cup buttermilk

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven for 45 to 50 minutes, or until a toothpick inserted into the center of the loaf comes out clean, about 30 to 50 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

